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*SELF-HELP/SUPPORT GROUPS  
IN  
HAMILTON-WENTWORTH*

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**ABOUTFACE - HAMILTON CHAPTER****1**

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Mail address: 1350 Powerline Rd W  
RR2  
Lynden, ON L0R 1T0

Fax 1-(905) 648-8506

Contact(s): Virginia Daniel  
Public Awareness Coordinator 1-(905) 648-3155  
Cathy Lamain  
Family Services Coordinator 1-(519) 756-0999

Description: AboutFace provides emotional and informational support for the facially disfigured and their families whether the disfigurement was by birth, trauma, or disease. AboutFace is a network for those with similar facial disfigurements, and provides hospital visits by trained personnel to families of newborns and patients, and promotes public awareness of the difficulties faced by the facially disfigured.

Fees: Voluntary donations

Meetings: Meetings are held bi-monthly, usually at Chedoke Hospital, Central building. Call ahead for time and location.

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**ADULT CHILDREN OF ALCOHOLICS****2**

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**Moreland Centre  
Advanced**

Address: Chedoke Hospital  
Sanatorium Rd  
Hamilton, ON

Contact(s): Anita Cupido, Acting Director (905) 521-2100  
Ext.7010  
Nancy Lowell (905) 521-2100  
Ext.7511

Description: This is a self-help group of adult children of alcoholics and drug abusers who have completed the Beginners program. A qualified therapist is present at every meeting.

Dates: Continuous sessions, running fourteen weeks each Fees: \$50.00 per person, plus \$22.00 for a workbook

Meetings: Meet at the Moreland Centre at Chedoke Hospital Thursday evenings 7:00 pm - 9:00 pm

**Moreland Centre  
Beginners**

**3**

Address: Chedoke Hospital  
Sanatorium RD  
Hamilton, ON

Contact(s): Anita Cupido, Aftercare Coordinator (905) 521-2100  
Ext.7010  
Nancy Lowell (905) 521-2100  
Ext.7511

Description: This is a support group of adult children of alcoholics and adult children of drug abusers. A qualified therapist is present at every meeting. Group meets at the Moreland Centre at Chedoke Hospital.

Dates: Continuous sessions, running fourteen weeks each

Fees: Yes

Meetings: Mondays 7:00 pm - 9:00 pm

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**ALANON AND ALATEEN FAMILY GROUPS**

**4**

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Mail address: Box 3711, Stn C (905) 522-1733  
Hamilton, ON L8H 7N1

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Office hours: 24 hour answering service  
Volunteers phone back immediately

Description: We are a group of relatives and friends of alcoholics who share our experience, strength and hope in order to solve common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Our only purpose is to help families of alcoholics. We do this by practising the twelve steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Fees: Voluntary contributions

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## **ALCOHOLICS ANONYMOUS (AA)**

**5**

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Address: 67 Queen St S (905) 522-8392  
Hamilton, ON L8P 3R6

Office hours: Mon - Fri 10:00 am - 1:00 pm  
(Emergency 24 hour service)

Description: Our primary purpose is to stay sober and help other alcoholics achieve sobriety. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees or dues or AA membership. We are self-supporting through our own contributions. AA is not allied with any sect, denomination, political organization or institution. Neither wishes to engage in any controversy, nor endorse or oppose any cause. This is a 12 step program.

Fees: None

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## **St. Philip The Apostle Church**

**6**

Address: 1525 Mountain Grove Rd (905) 336-7212  
Burlington, ON L7P 2H4



Executive(s): Mike Curran (905) 336-7198

Description: Our primary purpose is to stay sober and help other alcoholics achieve sobriety. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees or dues or AA membership. We are self-supporting through our own contributions. AA is not allied with any sect, denomination, political organization or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. This is a 12 step program.

Meetings: Every Sunday, 8:00 pm at St. Philips Anglican Church

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## ALZHEIMER SOCIETY HALTON-WENTWORTH BRANCH

7

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### Family Support Groups

Address: 875 Main St W (905) 529-7030  
Lower Mall, Unit #6 (905) 637-1338  
Hamilton, ON L8S 4P9 Fax (905) 529-3787

Office hours: 9:00 am to 4:30 pm Monday to Friday

Description: The Family Support Groups help family members cope with the progressive neuronal deficits of the patient with Alzheimer's disease.

Eligibility: Open to anyone who is a family member, caregiver, or friend of an alzheimer patient and needs support

Fees: No fees payable to access services.  
\$15.00 yearly membership (individual)  
\$10.00 yearly membership (seniors and students)

### **Spouse's Drop-in Group**

8

Address: 875 Main St W (905) 529-7030  
Lower Mall, Unit #6 Fax (905) 529-3787  
Hamilton, ON L8S 4P9

Description: This is a support/drop-in group for spouses of people with Alzheimer's Disease. Every two weeks the group meets at the Resource Centre of the Alzheimer's Society to have a coffee and share their experiences.

Eligibility: Spouses of people with Alzheimer's disease

Meetings: Every second Wednesday morning, on a drop-in basis

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### **AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF ONTARIO - HAMILTON & BURLINGTON CHAPTER**

9

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Address: 2 King St W (905) 572-9090  
Hamilton, ON L8P 1A1 Fax (905) 572-1163

Contact(s): Bev Clair (905) 389-3084

Description: Association tries to help the person and the family with the disease. A visiting committee will visit the patient in their home or the hospital with permission of the family. Equipment such as wheelchairs, lift chairs and computers are available at no charge to assist the care givers.

### **Lou Gehrig's Disease Support Group ( ALS)**

10

Address: 2 King St W (905) 572-9090  
Hamilton, ON L8P 1A1 Fax (905) 572-1163

Office hours: Mon-Fri 9:30 am - 5:00 pm

Executive(s): Angeline Fidani, Executive Director (905) 572-9090  
Allan Ward, President (905) 527-1577

Description: A self-help/support group for victims and families of Amyotrophic Lateral Sclerosis, or anyone who is interested.

Eligibility: Victims of ALS and their family and friends.

Meetings: The Hamilton Support group meets last Monday of each month at Chedoke Presbyterian Church The Burlington Support group meets the second last Wednesday of each month at Brant Hill Presbyterian Church

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**ANOREXIA/BULIMIA SUPPORT GROUP****11**

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Mail address: 1 Dundana Ave  
Dundas, ON L9H 4E5

Contact(s): Julie (905) 628-5134  
Sally (905) 627-4968

Description: The purpose of the group is to understand the problems of Anorexia and Bulimia by offering to victims opportunities to meet and share their problems. The group follows the self-help format developed by the National Association of Anorexia Nervosa and Associated Disorders, a non-profit organization dedicated to alleviating the problems of persons with eating disorders.

Meetings: The group meets at McMaster University Medical Centre, Room 4E18, every Thursday evening between 7:30 pm - 9:00 pm

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**ARTHRITIS SOCIETY (THE)****12**

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**Ontario Fibrositis Association  
Hamilton Support Group**

Address: c/o First Pilgrim United Church  
200 Main St E  
Hamilton, ON L8N 1H3

Contact(s):	Blake Galloway, Local Chapter President	(H) (905) 522-9338
Description:	The Arthritis Society Support Group provides information, coping strategies and support.	
Eligibility:	People with Fibrositis Syndrome or Primary Fibromyalgia	
Fees:	No fee but members are encouraged to join the Arthritis Society	
Meetings:	Meet the third Wednesday of every month at the church	

## AY/ALTERNATIVES FOR YOUTH

13

Address:	126 James St S Hamilton, ON L8P 2Z4	(905) 527-4469 Fax (905) 527-8291
Office hours:	Mon,Thu,Fri 9:00 am - 5:00 pm Tue 9:00 am - 8:00 pm Wed 9:00 am - 8:00 pm	
Executive(s):	Tony Belisario, President Janet Marlin, Director	
Description:	A variety of services are available for youth, 13-25 years of age, who are experiencing physical, behavioural and lifestyle problems related to substance use/abuse. Support is given to their families.	
	Major Services:	
	<ol style="list-style-type: none"> <li>1. Individual counselling</li> <li>2. Family support</li> <li>3. Group counselling</li> <li>4. Leisure programs</li> <li>5. Drop-in lounge</li> <li>6. Speakers for drug/alcohol presentations</li> </ol>	
Fees:	For out-patient programs when appropriate	

## **Parent Education Group**

14

Address:	126 James St S Hamilton, ON L8P 2Z4	(905) 527-4469
Contact(s):	Intake Worker	
Description:	An education group for parents who have concerns about drugs and alcohol in relation to their children. Names are placed on a waiting list and when there are enough people a group is held.	
Eligibility:	Adults	
Meetings:	Four sessions, held once a week in the Fall	

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## **BEGINNINGS COUNSELLING AND ADOPTION SERVICES OF ONTARIO INC**

15

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Address:	1 Young St, Ste 308 Hamilton, ON L8N 1T8	(905) 528-6665
Office hours:	Mon-Fri 9:00 am - 5:00 pm	
Executive(s):	Susan Chapman, Executive Director	
Description:	This organization provides counselling to women with unplanned pregnancies, birth fathers, and their extended families. Beginnings offers positive alternatives to abortion. It also provides a full range of support and referral services.  Major Services:  1. Pregnancy counselling 2. Post delivery support services 3. Information and referral 4. Adoption services, licensed by the Ontario government	
Fees:	For adopting parents. None for birth families	

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**BEREAVED FAMILIES OF ONTARIO****16**

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**Hamilton Wentworth Burlington Branch**

Address: 1104 Fennell Ave E (905) 318-0070  
Hamilton, ON L8T 1R9

Contact(s): Cecilly Hey, Office Co-ordinator

Description: Self-help groups to help families cope with the reality of the death of their child or adolescent groups for 13-17 year olds who have lost a sibling or parent. Offers formal counselling and informal group sessions.

Fees: N/A

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**BEREAVEMENT SERVICES, SUPPORT AND EDUCATION****17**

Office hours: Mon - Fri 8:30 am - 4:30 pm

Contact(s): Cheryl McQueen, R.N. (H) (905) 628-6008

Description: Runs several bereavement support groups: "Good Grief" for widows and widowers, and "Good Grief Italian" for Italian widows and widowers who do not speak English. Also provides one-to-one counselling and follow-up at regular intervals.

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**Empty arms. Empty Cradle****18**

Contact(s): Cheryl McQueen R.N. (905) 628-6008

Description: A support group for parents who have experienced a baby death either prior to full term or shortly after.

### Good Grief

19

Office hours: Mon - Fri 8:30 am - 4:30 pm

Contact(s): Cheryl McQueen R.N. (H) (905) 628-6008

Description: A support group for all women who have experienced the death of a husband or loved one.

### Men in Grief

20

Office hours: Mon-Fri 8:30 am - 4:30 pm

Contact(s): Cheryl McQueen R.N. (H) (905) 628-6008

Description: A support group for men who have lost a loved one.

### Saturday Mourning

21

Office hours: Mon-Fri 8:30 am - 4:30 pm

Contact(s): Cheryl McQueen R.N. (H) (905) 628-6008

Description: A support group for young adults who have experienced the death of a parent or sibling.

### Wednesday's Child Post Abortion Syndrome

22

Address: 18 Suter Cres (905) 628-6008  
Dundas, ON L9H 6R5

Contact(s): Cheryl McQueen R.N., Consultant (905) 628-6008

Description: A support group for all women who have experienced the grief of abortion. Abortion does not need to have been recent.

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**BLUEBIRD CLUB****23**

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Mail address: c/o Jonna Thompson  
83 Fassett Ave  
Hamilton, ON L9C 4E6

Executive(s): Jonna Thompson (905) 389-1716  
Beth Anderson (905) 385-8515

Description: This is an education and support group for people suffering from Arthritis. There are speakers once a month and a newsletter 3 times a year.

Meetings: Meet every 2nd Tuesday at Knights of Columbus on Upper James and Rymal Road from 7:30 pm - 9:30 pm

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**BRIDGE HAMILTON (THE)****24**

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Address: c/o Calvin Grace Community Church (905) 648-6879  
541 James S N  
Hamilton, ON L8L 1J6

Contact(s): Mary Jackson, Coordinator

Description: The Bridge provides counselling for inmates in the Hamilton Detention Centre, as well as weekly meetings for ex-prisoners at the church. Counselling and help in finding employment, housing, and services for ex-inmates upon leaving prison are also available.

Meetings: Mon 7:30 am - 9:00 pm (except holidays)

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**BURLINGTON BEREAVEMENT RESOURCE COUNCIL****25**

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Mail address: 471 Pearl St (905) 333-3855  
Burlington, ON L7R 4M4

Office hours: Mon-Fri 9:00 am - 12:00 pm  
There is a 24 hour answering service

Contact(s): Ann-Marie Primeau, Coordinator

Description: Provides general bereavement support for widows, widowers, or any bereaved individual.

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**Perinatal and Sudden Infant Death Bereavement Support Group****26**

Address: 471 Pearl St (905) 333-3855  
Burlington, ON L7R 4M4

Office hours: 24 hours a day - 7 days a week. Call ahead for location and times of meetings

Description: The purpose of this organization is to offer support and friendship to parents who have lost a baby through miscarriage, stillbirth or neonatal death.

Major Services:

1. To provide telephone friends who will listen with understanding and may be contacted at any time.
2. To arrange group meetings for parents who wish to share their feelings with others.

Fees: None

Meetings: Meet on the 2nd. Wednesday of every month

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**BURLINGTON BREAST CANCER SUPPORT SERVICES****27**

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Address: Burlington Mall, 2nd flr (905) 634-2333  
777 Guelph Line (905) 634-2110  
Burlington, ON L7R 3N2

Office hours: 10:00 am - 5:00 pm

Executive(s): Joann Preston, Executive Director

Contact(s): Hanne Heide, Phone Network (905) 639-2354

Description: This is a support group for women with breast cancer. Separate groups are held for women who have had a remission of their cancer. A newsletter is available to members, and the group networks with other groups. The group also has a Phone Network, where an individual can telephone a member at her home for support when the office is closed.

Eligibility: Open

Fees: \$15 to be an active member  
\$10 for just the newsletter

Meetings: Meetings are held the fourth Wednesday of every month at Burlington Mall office

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**CAESAREAN AWARENESS AND VAGINAL BIRTH AFTER CAESAREAN****28**

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Contact(s): Kim Hockney (905) 574-6738  
Karen MacLeod (905) 525-3382

Description: This is a support group for women wanting a vaginal birth after having a caesarean birth. Provides support and information regarding vaginal birth. Support and information group for women who want to explore their options for child birth.



Fees: N/A

Meetings: Meet the second Tuesday of the month at 8:00 pm in member's homes within the area

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**CANADIAN CANCER SOCIETY**

**29**

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**Central West Region**

Address: 328 Mountain Park Ave 905) 575-9220  
Hamilton, ON L8V 4X2 (905) 575-3370

Office hours: Mon-Fri 9:00 am - 5:00 pm

Executive(s): Dan Thompson, Regional President  
Katherine Marshall, Regional Director

Description: "Living With Cancer" - a support group to provide an opportunity for patients, families and friends to share ideas and concerns about cancer.

**Hamilton Downtown Unit**  
**Women Living With Cancer**

**30**

Address: 210 Victoria Ave N 905) 527-4555  
Box 678 905) 527-6046  
Hamilton, ON L8N 3K7

Office hours: Mon-Fri 9:00 am - 5:00 pm

Description: This group provides support to cancer patients and their families.

Fees: None

Meetings: Meetings are held the first and third Tuesday of the month at 7:30 pm

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## CANADIAN HARD OF HEARING ASSOCIATION

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31

### Hamilton Branch

Mail address: c/o Joan Miller  
90 Stirling St  
Caledonia, ON N3W 1J5

Executive(s): Joan Miller, President (905) 765-2847

Description: The Canadian Hard of Hearing Association is a self-help support group for people who have become hard of hearing. It is run by hard of hearing people. The goals of the Association include:

1. Accessibility in all public buildings.
2. Educating the hard of hearing on ways to cope with a hearing loss.
3. Educating the hearing public what it is like to be hard of hearing.
4. Promoting research into hearing loss.
5. Promoting mandatory standards for hearing aids and other technical devices that can be used to help the hard of hearing cope.

Dates: September to June

Fees: Membership fees are applicable

Meetings: Alternate months at Terryberry Library and Stoney Creek Medical Centre

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## CANADIAN HEART FOUNDATION

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32

### Heart and Stroke Foundation of Ontario Hamilton Wentworth Chapter Heart to Heart

Address: 19 Albert St  
Hamilton, ON L8M 2Y1

(905) 545-2400

Description: Program of 8 weekly meetings. Specialists from different fields provide you and your partner with information on all aspects of heart disease, answer questions on any topic and offer practical and helpful suggestions for recuperating after a heart attack or heart surgery. You can learn about your heart and how it works, physical activity, nutrition and stress.

Dates: Program begins in September; call for more information

Fees: nominal - if unable to pay, fee may be waived or reduced

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## CANADIAN LIVER FOUNDATION

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33

### Hamilton Wentworth Chapter

Mail address: 22 Southlea Dr  
Hamilton, ON L9C 3Z7

**24 hr answering machine**  
**(905) 574-0203**

Contact(s): Bev Goldsmith  
President and  
Support Group Leader  
Brenda Szabo, Secretary

**(905) 385-7918**

Description: The Hamilton-Wentworth Chapter's main functions are to:

1. Provide financial support for researchers in liver disease and liver function.
2. Provide educational programs for the medical profession, patients and the general public.
3. Provide support groups for patients and families affected by liver diseases.

Fees: None

**24 hr answering machine  
(905) 574-0203**

Mail address: Box 8181  
Dundas  
L9H 5G1

Description: This is an information and education group. It provides information to anyone affected by liver disease, their friends, family, and anyone in the medical profession. This is not a counselling service. The group also runs a support group which deals with any kind of liver disease, but it especially provides support for sufferers of Primary Biliary Cirrhosis, a rare liver disease that affects women between the ages of 40 and 60.

Eligibility: Open

Fees: None

Meetings: Five times a year, usually on the last Saturday of January, March, June, September and November

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**CANADIAN NATIONAL INSTITUTE FOR THE BLIND**35

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**Ontario Division  
Telephone Assurance Program**

Address: 1686 Main St W (905) 528-8555  
Hamilton, ON L8S 1G4

Contact(s): Janis Giftopoulos, Senior's Resource Counselling

Description: Telephone program developed to alleviate feelings of isolation and loneliness for blind and visually impaired seniors. Volunteers from the community phone on a regular basis to keep in touch and just to talk and show an interest in these seniors.

Eligibility: Blind or visually impaired seniors

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**CATHOLIC CHILDREN'S AID SOCIETY OF HAMILTON WENTWORTH**

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**36****Alternate Care Of Catholic Childrens' Aid**

Address: 735 King St E, Ste 1 (905) 525-2012  
Hamilton, ON L8M 1A1

Contact(s): Pat McInnes  
Martin Hewitt

Description: Alternate Care Program: a need for people to provide relief up to 12 days a month for families who have children with physical and mental handicaps. Costs for this care will be provided.

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**CATHOLIC FAMILY SERVICES OF HAMILTON WENTWORTH**

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**37****Family Violence Program**

Address: 735 King St E, Ste 2 (905) 527-3823  
Hamilton, ON L8M 1A1

Office hours: Mon,Wed,Thu,Fri 8:30 am - to 4:30 pm  
Tue 8:30 am - 8:30pm

Description: 1. Domestic Violence services for both women and men.  
2. Adult Survivors of Childhood Sexual Abuse. Program includes both individual and group counselling. Ask for an "intake worker"

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**CHILDREN'S AID SOCIETY OF HAMILTON WENTWORTH**

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**38****Alternate Care Program**

Address: 143 Wentworth St S (905) 522-1121  
Hamilton, ON L8N 4B9



Mail address: Box 1170  
Depot 1  
Hamilton, ON L8N 3R4

Office hours: Mon-Fri 9:00 am - 5:00 pm  
Mon-Fri 8:30 am - 4:30 pm (Summer Hours)

Executive(s): Mary Almonte, Co-ordinator

Description: Aim of the program is to provide relief for families with developmentally handicapped children and to help families maintain these children at home. This program is always recruiting alternate care foster homes willing to take developmentally handicapped children in their homes up to 10 days a month. A small fee is charged for this service and a per diem rate is paid to foster home families.

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**CHRONIC FATIGUE SYNDROME / M.E. SELF HELP GROUP OF HALTON  
AND HAMILTON WENTWORTH**

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39

Address: Rotary Club's  
Self Help Centre  
255 West Ave N  
Hamilton, ON

**Information Lines  
(905) 383-4431**

Description: A support group for sufferers, family members and friends of chronic Myalgic Encephalomyelitis sufferers. Chronic M.E. is characterized by swollen glands, sleep disturbances, muscle aches, sore throats, allergies, low grade fever, burning sensations in the limbs, and forgetfulness, among other symptoms.

Eligibility: Open to everyone

Fees: Donations. There is a fee for some printed material.

Meetings: Call for time and place of monthly meetings

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**CO-DEPENDENCY ANONYMOUS****40**

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Address:	2132 Harris Cres., Unit 4 Burlington, ON L74 1G4	
Contact(s):	Constance Vanderburgh	<b>(905) 639-5834</b>
Description:	Co-Dependency Anonymous is a support group for people who are unable to maintain functional relationships of any description such as familial, platonic or romantic, as a result of dysfunctional behaviour patterns which may in turn lead to some form of dependency on food, drugs, alcohol etc. It follows techniques adopted from Alcoholics Anonymous, to provide support and hope for its members. It is not allied with any sect, denomination, political group, organization, nor institutions.	
Eligibility:	None	
Fees:	None	
Meetings:	Every Tuesday at 7:30 At St. Christopher's Church 662 Guelph Line, Burlington (across from MacDonald's)	

**Christ Church****41**

Address:	Christ Church Unity Centre 21 Rosedene Avenue Hamilton, ON L9A 4W3	<b>(905) 389-1364</b>
Description:	This program is based on the twelve-step self-help program followed by Alcoholics Anonymous. Co-dependency is a life-affecting inability to maintain health and nurturing relationships with the self and with others. It is caused by long-standing destructive patterns of living which fall within the categories of people-pleasing and manipulation and control.	
Fees:	N/A	
Meetings:	Meeting holds every Thursday from 7:30 pm to 9:00 pm	

**Alliance for Sexual Abuse Programs (The)**

Address: Lloyd George School (905) 549-1353  
360 Beach Rd, Room 15 (905) 548-0674  
Hamilton, ON L8H 3K4

Contact(s): Brenda Symons-Moulton

Description: This program is designed to assist in the coordination of treatment groups for victims/survivors of childhood sexual abuse, their families and offenders.

The following groups are currently running:

1. Children's group
2. Adolescents' group
3. Adult male survivors' group
4. Caretakers' support group
5. Non-offending parent group
6. Adult male offenders' group
7. Adolescent offenders' group
8. Crisis support group for parents
9. Court preparation for children/teens.

There is no adult women victims group, but referrals are made to other agencies in the community.

A prerequisite of the offenders groups is that the offender must admit ownership and take responsibility for the abuse.

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**COMMUNITY SEXUAL ABUSE NETWORK**

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Address: Catholic Children's Aid Society  
735 King St. E., Suite 1  
Hamilton, ON L8M 1A1

Contact(s): Rocco Gizzarelli (905) 525-2012

Description: A professional support and information sharing group for those working in the area of sexual abuse.

Dates: September to May

Meetings: Second Tuesday of every month at 12:15 pm At Children's Aid Society

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## **CROHN'S AND COLITIS FOUNDATION OF CANADA**

**44**

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Mail address: Box 57452 **Answering machine**  
Jackson Stn (905) 545-0100  
Hamilton, ON L8P 4X3

Executive(s): Karen Annandale, President (905) 648-3817  
David Smith  
Fundraising Chairperson (905) 574-4870

Description: The purpose of the Hamilton Chapter is to increase public awareness and raise funds for research into the causes of Inflammatory Bowel Disease, such as Crohn's Disease and Colitis. There is an active foundation in every province of Canada. The Hamilton Chapter now has over 200 family members. The Canadian Foundation has over 8,000 family members.

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## **EAST REGION MENTAL HEALTH SERVICES**

**45**

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### **Obsessive Compulsive Disorder**

Address: c/o St. Joseph's Community (905) 573-4801  
Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4

Contact(s): Sharon Orovan, R.N.  
Joanna (for referrals)

Description: This group is for adults with a diagnosis of OCD - no concurrent psychotic illness. The goal of this group is to provide education around OCD, to teach coping skills and offer support through a volunteer who has been successfully treated. This is a four session group, runs bi-weekly, and is based on a manual, and involves homework.

### **Borderline Psychotherapy Group**

46

Address: c/o St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801

Executive(s): Leslie Cotter

Contact(s): Adele Wolopert-Zur/David Smith  
Joanna (for referrals)

Description: This psychotherapy group is for adult men and women experiencing long-term problems in relationships, poor impulse control plus frequent mood fluctuations. It's purpose is for participants to begin to feel more in control of their lives and function better in their daily activities. This is a network organized group and runs for 30 weeks using a relationship management model.

Dates: Open ended start date

### **Co-ed Stress Management Group**

47

Address: c/o St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801

Contact(s): Fernanda Coletto/Chris Cardey  
Joanna (for referrals)



Description: This group is for men and women experiencing low self-esteem, and difficulty coping with stress. It helps participants enhance self-esteem through improving their ability to cope with stress, feel more in control of their own lives, and to enhance their ability to function interpersonally with both men and women. The group is a structured, didactic one, which runs for 10 weeks.

### **Communications and Social Skills Group**

**48**

Address: St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801

Contact(s): Bonnie Baille/Pauline Nelson  
Joanna (for referrals)

Description: This is a group for both men and women who have difficulty making social connections with others, including problems with communication, shyness, assertiveness and dealing with conflict. Its purpose is to improve social skill development through structured learning and role play.

Dates: 12 week structured group

### **Coping Skills Group**

**49**

Address: St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801

Contact(s): Sharron Orovan, R.N., B.A., Joanna (for referrals)

Description: This is a 14 week structured group for adult men and women who suffer mild to moderate anxiety and depression. There are four components: relaxation, cognitive reframing, assertiveness, and problem solving.

### **Hamilton Depressive and Manic Depressive Support and Education Group**

50

- Address: c/o St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801
- Contact(s): Tessie Abugan
- Description: The group is aimed at helping sufferers of Manic Depressive Illness and their families to understand the nature of the illness and help them cope with some of the problems they may face on a monthly basis. The group has an education/support and self help component.
- Meetings: Meets the second Tuesday of each month, 7pm - 9pm at St. Joseph's Hospital, Fontbonne Building, Stelco Amphitheatre

### **Panic Education Group**

51

- Address: c/o St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801
- Contact(s): Sharron Orovan/Adrienne Sloan  
Joanna (for referrals)
- Description: This is a small group (4-6 people) of men and women with a primary panic disorder. They must be a client of ERMH's and must be willing to make a commitment to all four sessions and must meet sufficient English comprehension. Its purpose is to educate clients about the physiological elements of panic disorder and introduce some coping strategies.

### **Psychotherapy Group**

52

- Address: St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 (905) 573-4801  
(905) 573-4802

Contact(s): David Smith/Adele Wolpert-Zur  
Joanna (for referrals)

Description: The purpose of this group is for adult men and women experiencing enduring relationship problems to work out their interpersonal and intrapersonal dilemmas within the context of the here and now experience. The group runs for 35 weeks using a psychodynamic approach.

Eligibility: Anyone between 25 and 40 who is experiencing relationship difficulties.

### **Self Esteem Group/Stress Management Group for Men**

**53**

Address: St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 **(905) 573-4801**

Contact(s): Chris Cardey, M.S.W.  
Joanna (for referrals)

Description: This self esteem group is for adult men wishing to explore the impact of self-esteem issues on interpersonal relationships. Its goal is to develop firmer definition of self, greater mastering over life issues through examination of social-cultural learning, affective expression, expectation of self and others.

Eligibility: A screening interview will be conducted with each referral by the group leaders.

### **Stress Management/Self Esteem Group for Women**

**54**

Address: St. Joseph's Community Health Centre  
2757 King St E  
Hamilton, ON L8G 5E4 **(905) 573-4801**

Contact(s): Tessie Abugan, R.N.  
Joanne (for referrals)

Description: This group is for adult women, 18 years and over, who are experiencing low self-esteem and difficulties with stress. The objectives of the program is to improve their ability to cope with stress and feel more in control of their own lives. The group is a structured, didactic group which runs for 10 weeks.

Eligibility: Adult women

Meetings: Mondays 1:30 pm - 3:30 pm Wednesdays 5:30 pm - 7:30 pm

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## ELIZABETH FRY SOCIETY - HAMILTON BRANCH

55

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### Community Service Programmes Share Programme

Address: 627 Main St E, 2nd Flr (905) 527-3097  
Hamilton, ON L8M 1J5

Office hours: Mon-Fri 9:00 am - 5:00 pm  
Tue 9:00 am - 8:00 pm

Contact(s): Cathie Mason, Facilitator

Description: The SHARE Programme combines group and individual counselling for women in conflict with the law due to shoplifting. The women work towards the development of various skills to assist them in coping with their problems in a responsible manner. The programme serves as a community-based sentencing alternative and assists in the rehabilitation of female shoplifters.

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## EMPLOYMENT TODAY

56

(905) 575-2849

Contact(s): Bill Bowdidge

Description: This is a self-administered self-help group of unemployed managers, professional staff and supervisors who meet at Mohawk College to discuss the many aspects of hunting for new job positions. Fellowship and frank exchange of opinions as well as motivation, support and direction is offered to its members.

Fees: None

Meetings: Saturday morning

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## **EPILEPSY HAMILTON AND DISTRICT**

**57**

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Address: Royal Connaught Hotel (905) 522-8487  
Offices  
92 King St E, Ste 855  
Hamilton, ON L8N 1A8

Office hours: Mon-Fri 9:00 am - 4:30 pm

Executive(s): Kathryn Back, Executive Director

Description: A self help group for epileptic adults, to educate them about Epilepsy and offer moral support. After being in the program for approximately six weeks, they are able to move to a position of being a "buddy" to someone who is newly diagnosed, or becoming an agency volunteer in another program suited to their interests.

Fees: \$10.00 membership

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## **EVENING STAR SUPPORT GROUP**

**58**

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Office hours: Mon 7:30 pm - 8:30 pm

Contact(s): Johanna O'Neil (905) 523-0129  
Marlene Zicer (905) 527-4614



Description: Self help and support is given to family and friends of people who THREATEN suicide, either by Group method, or a "one on one" basis. They will also provide support to those who have lost anyone through suicide, by helping to identify the issues that need to be dealt with that happened PRIOR to the suicide. For the issues around the actual suicide and after, the person will be referred to bereavement counselling services.

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**FAITH AND LIGHT PARENTS' SUPPORT GROUP****59**

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Mail address: c/o Auralie Daly  
c/o St. Ann's Roman Catholic Church  
120 Sherman Ave N  
Hamilton, ON L8L 6M6

Contact(s): Auralie Daly, Chairperson (905) 545-2882

Description: Support group for parents of developmentally delayed teens and adult children. Children are taught by qualified teachers, while parents meet in a separate room. Meeting includes mass.

Dates: September to June

Meetings: Meet the last Saturday of the month at 10:00 am At Saint Anne's Church

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**FAMILIES AGAINST VIOLENT OCCUPATIONAL DEATHS AND DISEASES****60**

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Mail Address: Self Help Network (905) 522-7353  
255 West Ave N  
Hamilton, On  
L8L 5C8

Contact(s): Thalia Pouliot (905) 572-9395

Description: This organization provides support to individuals who have lost a loved one through traumatic workplace death or industrial disease. It acts as an advocacy group in dealing with the Ministry of Labour, employers and the Workers' Compensation Board.

Meetings: Once a month, in the evenings

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**FATHERS FOR JUSTICE****61**

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Address: 1137 King St E (905) 549-5437  
Hamilton, ON L8M 1E7

Contact(s): John Prince, President (H)(905) 549-2760  
Hamilton Chapter

Description: An organization dedicated to assisting parents and their children with problems relating to access, custody, support, separation and divorce.

Fees: \$20.00 /yr individual \$30.00 /yr family

Meetings: Thursdays 7:30 pm (formal)  
Sunday drop-in 11:00 am to 2:30 pm

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**FETAL ALCOHOL SUPPORT NETWORK (THE)****62**

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Mail address: P.O. Box 99010  
Heritage Green Postal Outlet  
Stoney Creek, ON L8J 1P0

**Stoney Creek 578-9091  
1-416-274-7700**

Contact(s): Martha Bradford, Hamilton Area Co-ordinator  
Margaret Sprenger

Description: This is a support group for parents and family members of children with Fetal Alcohol Syndrome, a condition caused by alcohol consumption during pregnancy, and which results in physical and mental deficiencies, such as small body size, learning disabilities, and behavioural disabilities.

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**FREEDOM FROM FEAR FOUNDATION****63**

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Contact(s): Leah Borycki (905) 383-0866  
Audrey Saunders (905) 387-0819

Description: The purpose of the Foundation is to offer help to those who suffer from phobias and anxiety of any kind. Programs include home visiting, mailing out literature, directory for treatment and a booklist.

Dates: September to June

Fees: A nominal donation for "coffee club" and rental expenses are accepted

Meetings: Meet on the 1st. Thursday of the month at the Olivet United Church, 40 Empress Ave

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**FRIENDS IN GRIEF****64**

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Address: 500 Main St E, 101 (905) 546-1580  
Hamilton, ON L8N 1K7 (answering machine)

Office hours: Mon - Fri 9:00 am - 12:00 pm

Contact(s): Margo Wotta

Description: Runs two bereavement support groups, made up of 10 two hour sessions. One support group is for the widow/widower, and the other is for the adult individual who has lost a parent and/or a

sibling. Groups offer a structured setting for the working through of issues related to the loss of a loved one.

Meetings: Call above number for times, dates, and places of meetings.

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## FRIENDS OF SCHIZOPHRENICS - HAMILTON CHAPTER

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65

Address: 191 James St S (905) 523-7413  
Hamilton, ON L8P 3A8 (905) 527-6254

Office hours: Mon-Fri 10:00 am - 4:00 pm

Executive(s): Richard Russell, Executive Director  
Peter Kowalchuk, Chairperson

Description: Friends of Schizophrenics aims to improve the lives of persons with Schizophrenia through support to families, education of the public, and advocacy for research and improved services.

### Major Services:

1. Support group meetings for families and friends of persons with Schizophrenia
2. Information and referral literature is available from the office
3. Speaker's bureau for increasing public awareness
4. Research fund-raising
5. Public policy advocacy
6. After hours telephone service for urgent calls
7. "Telephone Buddy" support service for friends and families of Schizophrenics, and home visits

Eligibility: Schizophrenic patients

Fees: \$20.00 year

Meetings: 3rd. Tuesday of each month at 7:30 pm

## **Home Visits**

66

Address:	191 James St S Hamilton, ON L8P 3A8	(905) 523-7413
Contact(s):	Gale Melligan, Support Services Co-ordinator	
Description:	This is a service for family members who are caring for a schizophrenic relative and cannot attend the public support meetings. Volunteers will provide one-on-one support right in the persons' own home. In addition to support, family members will receive information regarding illness management and community resources.	

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## **GRANDPARENTS RAISING GRANDCHILDREN**

67

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Address:	88 Fairway Dr Hamilton, ON L8K 5L7	(905) 561-4561
Contact(s):	Sylvia Chappell Robert & Linda Deachman	(905) 575-5561 (905) 561-4561
Description:	Grandparents Raising Grandchildren is a self help support group for grandparents to come together to give each other support as they parent for the second time around.	
Eligibility:	Grandparents	

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## **GRANDPARENTS REQUESTING ACCESS AND DIGNITY**

68

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Address:	88 Fairway Dr Hamilton, ON L8K 5L7	(905) 561-4561
Contact(s):	Sylvia Chappell Robert & Linda Deachman	(905) 575-5561 (905) 561-4561

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Description: Support group for grandparents who have been refused access to their grandchildren for whatever reason, ie. divorce, death of lineal parent, etc. Group enlightens members on how the court and custodial process works, promotes public awareness, and lobbies for changes in the law to allow special recognition of grandparents, especially in child custody cases. Also lobbies municipalities including Hamilton to proclaim Grandparents Day.

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**GUILLAIN - BARRE SYNDROME SUPPORT GROUP OF CANADA**

**69**

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Address: 35 Billington Cres (905) 689-1248  
Hamilton, ON L8T 4P9

Contact(s): Mrs. Barbara Clark Smith 1-(705) 742-1110

Description: This is a support group for people afflicted with Guillain-Barre Syndrome.

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**HALTON, HAMILTON-WENTWORTH "TEEN" CHRONIC FATIGUE SYNDROME SUPPORT GROUP**

**70**

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Address: Rotary Club of Hamilton's  
Self Help Centre  
255 West Ave N  
Hamilton, ON

Contact(s): Rebecca (905) 628-4724

Description: This is a telephone support service for young people and their parents. Any young person who needs to talk or wants information on problems with school work, teachers, or parents (related to M.E.) is welcome to call.

Eligibility: Teenagers

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**HAMILTON AGAINST POVERTY****71**

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Address: 630 Main E (905) 529-7327  
Hamilton, ON L8M 1J7

Office hours: Answering machine

Executive(s): Wendell Fields, Chairperson

Contact(s): Mary Janiga, Treasurer

Description: Hamilton Against Poverty is a member of an Ontario wide network called Ontario Coalition Against Poverty (OCAP). It is a self-help, anti-poverty group of poor and unemployed persons seeking changes within the social service system, such as increasing benefits.

Fees: nil

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**HAMILTON CATHOLIC SEPARATED, DIVORCED AND WIDOWED  
SELF-HELP GROUPS****72**

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Address: Roman Catholic Chancery (905) 528-7988  
Office for Family Ministry Ext 59  
700 King St W  
Hamilton, ON L8P 1C7

Executive(s): Anna Frugault, Director

Description: Runs various self-help groups for Catholics who are separated, divorced or widowed.

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**HAMILTON HANDICAP CLUB****73**

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Address: YWCA  
75 MacNab St S  
Hamilton, ON L8P 3C1

Mail address: 340 Cochrane Road, Ste 608  
Hamilton, ON L8K 6H7

Executive(s): Doris Smith, President **(905) 545-0811**

Description: The objective of this organization is to encourage members to lead normal lives regardless of their disability. Membership is open to anyone 18 to 59 years of age who is physically disabled. Monthly meetings and entertainment are part of the program. New members are welcome.

Eligibility: disabled

Fees: Yes

Meetings: Meet every 3rd. Wednesday of month 8:00 pm - 10:00 pm

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**HAMILTON LESBIAN SUPPORT GROUP****74**

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Address: c/o Women's Centre of  
Hamilton-Wentworth  
80 Augusta St  
Hamilton, ON L8N 1R2

**Leave a message**  
**(905) 522-0127**

Contact(s): Barbara Willis

Description: The Hamilton Lesbian Support Group provides direct service to lesbians and the community through the following services:

1. A support group that deals intensively with womyn's

issues as they pertain to lesbians. The group discusses any lesbian issues that the participants may wish to discuss. Also, support is provided for lesbians coming out or having difficulties coping. Womyn attending can take comfort in the knowledge that they are among friends; womyn who have shared similar experiences (both joyful and frustrating) of lesbian life.

2. Public education: information is available for distribution to the community regarding issues pertaining to homosexuality.

Fees: Donations

Meetings: Mondays at 7:30 pm at Women's Centre

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## **HAMILTON PARENT SUPPORT GROUP OF NIAGARA SOUTH**

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**75**

Address: 1475 Barton St E  
Hamilton, ON

Mail address: c/o Joan Honyust  
149 Garside Ave N  
Hamilton, ON L8H 4W5

Executive(s): Mel Ruch, Director **1-(905) 734-8201**

Contact(s): Joan Honyust, Co-ordinator / Facilitator **(905) 544-4469**  
Marjorie Leitch, Assistant Co-ordinator **(905) 383-6349**

Description: The Hamilton Parent Support Group is a group of parents who support one another through crisis. A trained counsellor is available to assist in the support process. If the group is unable to assist someone, referrals are made to more appropriate resources.

Eligibility: Parents

Fees: Donations are accepted

Meetings: Mondays 8:00 pm - 9:30 pm

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**HAMILTON WENTWORTH HEAD INJURY FAMILY SUPPORT GROUP**

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**76**

Address: 182 Rebecca St (905) 525-3733  
Hamilton, ON L8R 1C1

Mail address: Box 57603  
Jackson Station  
Hamilton, ON L8P 4X2

Executive(s): Toby Meehan, President (905) 578-9621

Contact(s): Doreen Oxland

Description: To offer individuals with Acquired Brain Injury, and their family members, support and information concerning the resulting changes that occur in their lifestyle.

Fees: Annual membership - \$10.00

Meetings: Meet the 4th. Wednesday of every month at 7:00 pm  
At 182 Rebecca Street

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**HAMILTON WENTWORTH. REGIONAL MUNICIPALITY OF HAMILTON  
WENTWORTH**

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**77****Department of Public Health Services  
Child and Adolescent Services**

Address: 100 Main St E, Ste 220 (905) 546-3678  
Hamilton, ON (905) 546-3696

Mail address: Box 897  
Hamilton, ON L8N 3P6



Office hours:	Mon-Fri 8:30 am to 4:30 pm
Executive(s):	H. C. VanDooren, Clinical Director
Contact(s):	Gord Greenway, Adolescent Program Manager Paul Hurst, Children's Program Manager
Description:	Child and Adolescent Services exists to assess and treat children ages 2 - 18 years with behavioural, learning, speech, and emotional disorders, who live in the Hamilton-Wentworth region. Information regarding self, parent, or professional referrals may be requested by calling the above number.
	Major Services:
	<ol style="list-style-type: none"> <li>1. Program for Integrated Assessments of Young Offenders and Child Welfare: court referral and Children's Aid referrals only.</li> <li>2. Child and Family Intervention Program: family therapy, play therapy, individual therapy, group therapy, speech, and language assessment and therapy.</li> <li>3. Community Support Program includes consultation to community groups and interagency collaboration.</li> </ol>
Eligibility:	Children and youth ages 2 - 18

### **Public Health Nursing Focus On You**

**78**

Address:	25 Main St W 4th and 5th Flrs Hamilton, ON L8P 1H1	<b>(905) 546-3500</b>
Mail address:	Box 897 Hamilton, ON L8N 3P6	
Office hours:	Mon-Fri 8:30am-4:30pm (There is an answering service available for after hours and weekend referrals.)	
Contact(s):	Elizabeth Conti, R.N. BScN, Public Health Nurse	<b>(905) 546-3551</b>

Rosemary Okimi, R.N. BScN,  
Placement Coordinator

(905) 528-1512

Description: This support group is being piloted by the Senior's Program of the Department of Health Services in collaboration with the Placement Coordination Service. The objectives of the group are to provide a supportive environment in which members are encouraged to express their feelings. Facilitators guide discussion and provide professional support. Other areas focused on are Health Education & Information and the Needs of the Caregivers.

### **Nobody' Perfect**

79

Address: 25 Main St W, 4th Flr  
Hamilton, ON L89 1H1

(905) 573-1125

Mail address: Box 897  
Hamilton, ON L8N 3P6

Office hours: Mon - Fri 8:30 am - 4:30 pm

Contact(s): Trish Hardy, Team Leader  
Julie Scheerer, Team Leader

Description: Nobody's Perfect is a parenting program for parents with children between the ages of 0 and 5. The program is geared to people who meet at least one of the following criteria: low income, single, low formal education, socially or geographically isolated, or young parents. The program runs once weekly, (two hours) for eight weeks. Bus tickets, childcare and a set of 5 parenting books are provided free. The program provides support and up to date information on parenting, and promotes positive self-esteem. Program is held in various locations across Hamilton.

Eligibility: Child age 0 1 2 3 4 5 and parent(s) must meet one of the criteria listed in description

Fees: N/A

Meetings: Program runs two hours a week for eight weeks

## **Postpartum Support Group**

80

Address:	25 Main St W, 4th Flr Hamilton, ON L8P 1H1	<b>Information Line</b> <b>(905) 546-3618</b> <b>Main Line</b> <b>(905) 546-3500</b>
Mail address:	Box 897 Hamilton, ON L8N 3P6	
Description:	The Postpartum Support Group provides support in an informal setting. This is a group for women who are experiencing depression, anxiety, or adjustment problems in the postpartum period. Sessions are run on an ongoing basis. Babysitting can be provided, but women are encouraged to find an alternate means of child care.	
Meetings:	9:00 am to 11:30 pm. on alternate Tuesdays. Call for locations and dates	

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## **HAMILTON WENTWORTH STROKE RECOVERY ASSOCIATION**

81

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Address:	500 Upper Wellington St, Ste 3 Hamilton, ON L9A 3P5	<b>(905) 385-1639</b>
Office hours:	Mon-Fri 10:00 am - 2:00 pm	
Executive(s):	Clay Outwater, Executive Director Allan Wise, President	
Description:	A support group to help stroke survivors return to a full and productive life by means of encouragement, example and friendly contact. To encourage rehabilitation by providing emotional support to both survivor and family.	
Fees:	For Membership: \$10 per year	
Meetings:	Take place on the 4th Tuesday of every month at the Hamilton Spectator Building	

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**HEART MATES****82**

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**Support Group for Cardiac Patients and Families****(905) 527-0271  
Ext 4313****Contact(s):** Allan Pallet**Description:** This is a support group for cardiac patients and families. Sessions are conducted by Public Health Nurses and social workers and include videos.**Meetings:** Meet every Thursday from 2:30 pm - 4:00 pm  
At Hamilton General Hospital on 5th Floor

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**HELP A CHILD SMILE FUND****83**

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**Parent Support Group****Mail address:** c/o Lynn Beckett  
24 Cherie Rd  
St. Catharines, ON L2M 6L4

Lyn Beckett

**1-(905) 934-6401****Description:** Works with and offers support to families who have a child with cancer, or have lost a child to cancer.**Eligibility:** Must be a child in the cancer ward at the Children's Hospital at Chedoke-McMaster Hospitals**Meetings:** 2nd. Tuesday of each month at 7:30 pm  
At Ronald McDonalds

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**HIDDEN CHILDREN**

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**84**

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Address: c/o 81 Arkell Avenue  
Hamilton, ON L8S 1N6

Contact(s): Emmy Weisz (905) 529-0195

Description: This is a self-help group for Jewish children of the Netherlands during WWII.

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**IMMIGRANT WOMEN'S ADVOCACY AND RESOURCE CENTRE**

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**85**

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Address: 20 Wentworth St S (905) 522-5851  
Hamilton, ON L8N 2Y3 **Answering machine after hours**

Office hours: Mon - Fri 10:00 am - 4:30 pm

Contact(s): Analucia Watson, Coordinator

Description: IWARC aims to prioritize the needs of immigrant and refugee women, to sensitize mainstream agencies to these needs, and build bridges with them. This is achieved through workshops, seminars, group discussions, and presentation of special events. The centre is run by and for immigrant and refugee women, and provides the following services.

1. Information, referral and counselling on child care, family services, English as a Second Language classes, job search and related skills, health care, social services, interpretation and translation services, and general adjustment.
  2. Drop-in centre to develop networking and support systems while sharing information with immigrant and refugee women, as well as providing the opportunity to appreciate and challenge educational and cultural talents.
  3. Advocate with and on behalf of immigrant and refugee
-



women in need of assistance, to enable them to have access to labour, criminal and family legal services, health care, credit and finance counselling, and educational and social services, in order to create community awareness on equal opportunity and equal participation in Canadian society.

4. Support efforts to eliminate racism and sexism through community awareness, and acceptance of each individual's unique contribution to Canadian society.

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## **JOHN HOWARD SOCIETY**

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**86**

### **Choices**

**(905) 523-7460**

**(905) 523-7468**

Mail address: 128 Hughson St N  
Hamilton, ON L8R 1G6

Contact(s): Justine Dandie, Coordinator Community Education Program

Description: Choices is a crime prevention program aimed at youth. The goal of the program is to reach children before they come into contact with the Criminal Justice System. Choices aims at teaching young people how to solve problems and make decisions using a five step model. It is a skill-based program; each week young people learn a different skill or step in the model and then learn how to apply the model to specific situations that may be problematic for them. These include dealing with peer pressure, shoplifting, vandalism and using drugs and alcohol. The program also attempts to develop members, social skills and enhance their level of self-esteem.

Eligibility: Two groups, ages 9-11 and 12-13 years

Meetings: 6:00 pm - 8:30 pm

### **Family Support Group - Self Help**

**87**

Address: 128 Hughson St N  
Hamilton, ON L8R 1G6

**(905) 523-7460**

Contact(s): Lloyd Mackenzie

Description: A support group for wives, girlfriends, sisters and mothers of prisoners or loved ones in conflict with the law, to help them deal with their problems. Counselling, speakers and discussion groups. Child care available during meetings.

Meetings: Meetings are held every Tuesday, from 6:30 pm - 8:00 pm

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## KIDNEY FOUNDATION OF CANADA, HAMILTON AND DISTRICT CHAPTER

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88

### Peer Support Program

Address: 688 Queensdale Ave E, 2nd Fl (905) 574-5222  
Hamilton, ON L8V 1M1

Executive(s): Tony Tirone, President

Contact(s): Brenda Szabo, Peer Support Program Co-ordinator

Description: Provide information, education and support to people with kidney disease. One to one peer support is provided if requested.

Meetings: The last Tuesday of every month at 7:00 pm

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## LA LECHE LEAGUE

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89

(905) 385-6500

Description: La Leche League provides encouragement and support to breastfeeding mothers. Information can be received by calling the office.

Discussion topics include:

- Advantages of breastfeeding to mother and baby

- Baby arrives, the family and the breastfed baby
- Art of breastfeeding and avoiding difficulties
- Nutrition and Weaning

Meetings: Meetings are held the 2nd Tuesday of the month

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## LEARNING DISABILITIES ASSOCIATION OF HAMILTON-WENTWORTH

90

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Address: Resource Centre (905) 523-1332  
c/o 255 West Ave N, Rm 3  
Hamilton, ON L8L 5C8

Office hours: By appointment. 24 hour answering service available

Executive(s): Rhonda Weston, President  
Tom Parker, Past President

Description: For children, Friday night "gym and Swim" program for ages 6-12.  
For those aged 13-18 a "Wednesday Adolescents Program" which  
costs \$20.00 and involves various social activities and swimming.

Dates: Does not run during the summer months, but can leave message on  
answering machine, and can continue to contact contacts.

Fees: \$30.00/yearly membership fee

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## LUNG ASSOCIATION -- HAMILTON WENTWORTH

91

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### Air Force Asthma Program

Address: 502 Concession St (905) 383-1616  
Hamilton, ON L9A 1C4

Contact(s): Donna Slavik, Health Program Co-ordinator,  
Rehabilitation

Description: An educational program for asthmatic children and their parents. Sessions consists of video tapes and discussions on what Asthma is, and treatment of it, in order to help children manage and deal better with their Asthma.

Eligibility: Ages 6-12 yrs. Limit of 10 children per session.

Fees: \$25.00

Meetings: Call re: next meeting date

### **Broncho Busters**

92

Address: 502 Concession St (905) 383-1616  
Hamilton, ON L9A 1C4

Contact(s): Donna Slavik, Health Program Coordinator - Rehabilitation

Description: Broncho Busters is a self-help program designed for people with lung and chest problems, their families and friends. The club's purpose is to provide individuals with a social and educational experience in a smoke-free community setting.

Dates: September to June

Fees: \$8.00/year

Meetings: Held the 3rd. Thursday of each month  
At First Place, 3rd. Floor

### **Countdown Program**

93

Address: 502 Concession St (905) 383-1616  
Hamilton, ON L9A 1C4 (905) 383-1213

Description: This program is designed to help you stop smoking using a behaviour modification approach. This program can be used as an adjunct to people using the nicotine patch

1. Helps you to understand your smoking habit

2. Prepares you for expected reactions during the quitting process
3. Teaches you alternative methods of coping so you are successful in quitting
4. Available in workplace upon request

Dates: Seven sessions over a five week period

Meetings: Call for times and dates

### **Parents for Asthmatic Children**

**94**

Address: 502 Concession St (905) 383-1616  
Hamilton, ON L9A 1C4

Contact(s): Donna Slavik, Health Program Co-ordinator, Rehabilitation  
Jane Hill (905) 628-2702

Description: This is a self-help support group for parents committed to the well-being of children with asthma through education, program support and public awareness.

Meetings: Meetings are held the last Wednesday of every month from September to June at 8:00 pm in Room 1A3

Fees: \$15.00

### **Tobacco Stop**

**95**

Address: 502 Concession St (905) 383-1616  
Hamilton, ON L9A 1C4 (905) 383-1213

Description: To:

1. help motivate you to stop smoking
2. learn ways to remain tobacco free after quitting smoking (this includes people using the nicotine patch)
3. share with others the joys and frustrations of stopping smoking

Eligibility: Open to everyone

Meetings: Meets every Wednesday from 7:30 pm - 9:00 pm



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**LUPUS SOCIETY OF HAMILTON****96**

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Address: 25 Hughson St S 24hrs (905) 527-2252  
Hamilton, ON L8R 2K2

Mail address: Jackson Station  
Box 57414  
Hamilton, ON L8P 4X2

Office hours: Tue, Thu 9:30 am - 1:30 pm

Executive(s): Rosemary Walton

Contact(s): Joan McKee (905) 388-3925  
Jean Ingram, Office Manager

Description: Meetings are held four times a year, excluding the summer months. Meetings are a chance for the exchange of feelings between patients, families, and friends, and often have guest speakers. A free lending library is available to members, as well as literature. Newsletters are sent out five times a year. The Educational Committee will visit any group, especially health professionals.

Fees: Membership fees: \$10.00 individuals  
\$15.00 families

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**MCMASTER PERINATAL ASSOCIATION****97**

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Address: 1200 Main St W (905) 521-2100  
Hamilton, ON L8N 3Z5 Ext 7541

Mail address: Chedoke Hospital - Wilcox Basement  
Box 2000  
Station A  
Hamilton, ON L8N 3Z5

Contact(s): Mona Northey, Co-ordinator

Description: This is a volunteer parent support group. Members have gone through the High Risk Pregnancy Program, and / or have had a critically ill or premature newborn at Chedoke-McMaster Hospitals. Call contacts for meeting times.

Eligibility: Anyone with a baby born at the Natal Intensive Care Unit at Chedoke-McMaster Hospitals. Also open to anyone who has had a premature baby at other area hospitals

Fees: \$12.00 per year

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## **MEDITATION ECLECTIC SUPPORT GROUP**

**98**

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Address: 500 James St N (upstairs)  
Hamilton, ON L8L 1S4

Contact(s): John Denson **(905) 523-1493**

Description: Does any kind of meditation by sharing audio tape instruction, and one to one sharing.

Dates: Every Sunday evening, 8 pm at the Holistic Centre

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## **MEDITATION FOR BEGINNERS**

**99**

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Contact(s): Don Woodside **(905) 522-8048**

Description: A beginners group

Meetings: Every Tuesday evening at 8 pm at people's homes

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**MISSION SERVICES OF HAMILTON****100**

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**Inasmuch House Women's Support Group**

Address: 126 Emerald St S (905) 529-8149  
Hamilton, ON L8N 2V5

Mail address: Box 368  
Hamilton, ON L8N 3C8

Description: This support group is for residents, ex-residents or any woman who has been abused. Babysitting is provided. It is suggested that any woman who wishes to attend, call the office ahead of time.

Meetings: Meets once a week on Tuesdays from 1:30 pm - 3:00 pm

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**MULTIPLE SCLEROSIS SOCIETY OF CANADA****101**

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**Hamilton and District Chapter  
Self-Help Group**

Address: 94 Cannon St W, Unit 5 (905) 527-7874  
Hamilton, ON L8R 2B6 (905) 527-8484

Contact(s): Amanda Hobbins, Patient Services Co-ordinator

Description: This group provides support for individuals who have Multiple Sclerosis. It gives participants the opportunity to share information. On occasions there are guest speakers.

Meetings: Meetings are held the 3rd. Tuesday of every month  
from 7:00 pm - 9:00 pm

**Hamilton and District Chapter  
Significant Others Sharing (S.O.S)**

**102**

Address: 94 Cannon St W, Unit 5 (905) 527-7874  
Hamilton, ON L8R 2B6 (905) 527-8484

Contact(s): Amanda Hobbins, Patient Services Co-ordinator

Description: This group provides support for family members and friends who have a loved one with Multiple Sclerosis. Meetings give participants an opportunity to share information, and on occasions there are guest speakers.

Meetings: Meetings are held on the 2nd. Wednesday of every month  
7:00 pm - 9:00 pm

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**MUSCULAR DYSTROPHY ASSOCIATION OF CANADA**

**103**

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**Myasthenia Gravis Chapter**

Address: 25 Caravan Dr 1-(416) 444-8357  
Don Mills, ON M3B 1M9

Mail address: National Office  
357 Bay St, 10th Flr  
Toronto, M5H 2T7

Contact(s): Linda Cavuoti, Membership Chair 1-(416) 222-9961

Description: Myasthenia Gravis is a neuro-muscular disease characterized by the following symptoms:

- 1) Droopy eyelids
- 2) Slurred and nasal speech
- 3) Difficulty chewing and swallowing
- 4) Weakness in arms and legs, difficulty in climbing stairs
- 5) Loss of facial expression, including inability to smile
- 6) Difficulty breathing
- 7) Difficulty sitting or standing

Myasthenia Gravis can affect anyone, but most common in women between 15-40 years old, and men over 50 years old. There is no cure presently, but the majority of patients are able to lead normal lives with treatment.

The Myasthenia Gravis chapter has an information centre for members, publishes a newsletter, and provides counselling and support for all M.G. clients and their families.

Fees: \$10.00 membership fee

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## **NARCOTICS ANONYMOUS**

**104**

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### **Awakening Spirits**

Address: St. Thomas Church  
16 West Ave S  
Hamilton, ON L8R 2L3

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators for the non speaking community are available if arrangements are made ahead of time, basic text pamphlets are available in braille.

Meetings: Meetings are at 12:00 noon every Wednesday

### **Courage to Change**

**105**

Address: Salvation Army Building  
165 King St. W. (left side door)  
Dundas, ON

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the



non-speaking community if arrangements are made ahead of time,  
basic text pamphlets are available in braille.

### **Friday Night Recovery**

**106**

Address: MacNab Street Presbyterian  
Church  
116 MacNab St S  
Hamilton, ON L8P 3C3

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time, basic text pamphlets are available in braille.

Meetings: Meet 8:00 pm every Friday

### **Grace Anglican Clean and Free Group**

**107**

Address: Grace Anglican Church  
1401 King St E  
Hamilton, ON L8M 3M1

**Helpline (tape)**  
**(905) 522-0332**

Description: A 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time. Basic text pamphlets are available in braille.

Dates: Provided on helpline tape

Meetings: Meet 7:30 pm on Sundays

### **Just for Today**

**108**

Address: St. Philip the Apostle  
Church  
1525 Mountain Grove  
Burlington, ON L7P 2H4

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time.

Dates: Provided on helpline tape

Meetings: Meet 8:00 pm every Tuesday

### **Learn to Live Group**

**109**

Address: St. Joseph's Roman Catholic Church  
260 Herkimer (Rectory Door)  
Hamilton, ON L8P 2H9

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time. Basic text pamphlets are available in braille.

Dates: Provided on helpline tape

Meetings: Meet 1:30 pm every Saturday

### **Shiftworker's Meeting**

**110**

Address: St. Thomas Church  
16 West Ave  
Hamilton, ON L8R 2L3

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non speaking community if arrangements are made ahead of time, basic text pamphlets are available in braille.

Meetings: Meet 12:00 pm every Thursday

### Third Tradition

111

Address: MacNab Street Presbyterian Church  
116 MacNab St  
Hamilton, ON L8P 3C3

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time. Basic text pamphlets are available in braille.

Meetings: Meet 8:00 pm every Monday night

### Today's The Day

112

Address: Fontbonne Hall  
Central Presbyterian Church  
(Corner of Charlton & Caroline)  
Hamilton, ON

**Helpline (tape)**  
**(905) 522-0332**

Description: A 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time.

Meetings: Meetings are at 8:00 pm every Wednesday.

### Welcome to Freedom

113

Address: Mount Hamilton United Church  
31 Summit St  
Hamilton, ON

**Helpline (tape)**  
**(905) 522-0332**

Description: This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators are available to the non-speaking community if arrangements are made ahead of time, basic text pamphlets are available in braille.

Dates: Meetings every Tuesday night at 8:00 pm

**Hamilton Mountain Group**

Address: c/o Annunciation of our Lord  
Church  
280 Limeridge Rd W  
Hamilton, ON

Mail address: 11 Glenayr St  
Hamilton, ON L9C 7C1

Contact(s): Lori Pokoradi, RN, Director **(905) 385-9217**

Description: A self help/support group for the mother without specific problems who either isn't used to having a baby in her life or can't understand why this newborn isn't behaving the way her others did. The focus is to be on the new mother and how she is adjusting.

The only limitation is that the mother has a baby under one year of age, and that includes adoptive mothers. Participants will pick the topics they want to discuss, and subjects could range from their own birth experiences to nutrition and trying to be a supermom.

The group is managed by a volunteer board and all members are parents. Members are from all over the Hamilton-Wentworth area.

Dates: Groups run for 10 weeks

Fees: Yes

Meetings: Wednesday afternoons

**Westdale Group****115**

Address: c/o Westdale United Church  
99 North Oval  
Hamilton, ON

Mail address: 11 Glenayr St  
Hamilton, ON L9C 7C1

Contact(s): Lori Pokoradi, RN, Director (905) 385-9217

Meetings: Held in evening

Description: A self help/support group for the mother without specific problems who either isn't used to having a baby in her life or can't understand why this newborn isn't behaving the way her others did. The focus is to be on the new mother and how she is adjusting. The only limitation is that the mother has a baby under one year of age, and that includes adoptive mothers. Participants will pick the topics they want to discuss, and subjects could range from their own birth experiences to nutrition and trying to be a supermom. The group is managed by a volunteer board and all members are parents. Members are from all over the Hamilton-Wentworth area.

Dates: Groups will run for 10 weeks

Fees: Yes

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**NORTH AMERICAN CHRONIC PAIN ASSOCIATION OF CANADA (THE) 116**

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**Hamilton Group**

Mail address: c/o Carmela Lamb  
18 Norma Cres  
Ancaster, ON L9G 4S9

Contact(s): Carmela Lamb (905) 648-7780  
Diana Coccaio 1-(416) 793-5230

Description: A self-help support group for anyone suffering any kind of chronic pain. Encourage people to live a normal life by teaching how to cope with chronic pain. Teaches relaxation techniques.

Eligibility: Open to everyone who suffers from chronic pain of any kind.

Meetings: Meets every Tuesday from 1:30 pm - 3:30 pm At Westmount Recreation Centre



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**OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP****117**

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Mail address: c/o Steve Godden  
221 Golden Orchard Dr  
Hamilton, ON L9C 6J4

Contact(s): Steve Godden (905) 387-3275

Description: A support group for those suffering from Obsessive Compulsive Behaviour. The group offers support and encouragement and self-help ideas.

Meetings: Wed 7:30 pm - 9:30 pm at McMaster University Medical Centre

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**ONTARIO MARCH OF DIMES****118**

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**Post Polio Association of Hamilton-Wentworth**

Address: 20 Emerald St N, Ste 309 (905) 527-8288  
Hamilton, ON L8L 8A4 (905) 527-7201

Office hours: Mon-Fri 9:00 am - 4:30 pm

Description: The objective of the Association is to promote direct support among persons who have had polio. Contact the Ontario March of Dimes for information.

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**ONTARIO NETWORK FOR ENDOMETRIOSIS****119**

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**Hamilton Chapter**

Mail address: City Centre Place  
25 Peel Centre Drive, Ste 133  
Brampton, ON LT6 3R5

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Contact(s): Leslie Higgins (905) 627-1721

Description: This is a self-help organization for women with Endometriosis. Endometriosis is a disease which affects women's reproductive organs, and is most acute during the women's menstrual cycle, although there are some women who are in constant pain with the disease. The mission of the organization is to promote support for women with the disease, as well as research and education.

Eligibility: Women with Endometriosis

Fees: \$10 per year membership, meetings are free of charge unless there are speakers when there will be a nominal fee

Meetings: 3rd Thursday of the month at 7 pm. At Stelco Amphitheatre, St. Joseph's Hospital

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**ONTARIO PRADER WILLI SYNDROME ASSOCIATION****120**

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**1-800-563-1123**

Mail address: c/o Joan MacKinnon  
1910 Yonge St., 4th Flr  
Toronto, ON M4S 1Z4

Contact(s): Joan MacKinnon, President 1- (905) 356-0481  
Dr. Ross Parker, Member of Advisory Board 521-2100  
Ext 6206

Description: To offer support, guidance and resource materials to parents and guardians of people with Prader-Willi Syndrome. The syndrome consists of stages:

1. Low birth weight and failure to thrive
2. Compulsive eating and developmental delays
3. Behavioural problems; learning disabilities associated with school and ongoing problems related to eating disorders

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**OVEREATERS ANONYMOUS****121**

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**24 hour tape  
(905) 549-5442**

Mail address: c/o Betty Jeffery  
301 Frances Ave, Ste 803  
Stoney Creek, ON L8E 3W6

Contact(s): Lynn **1- (905) 945-2705**  
Sharon **(905) 549-9401**

Description: The primary purpose of the group is to stop eating compulsively. We welcome in fellowship and friendly understanding all those who share our common problem.

**Major Services:**

Overeaters Anonymous is a fellowship of men and women who meet to share their experience, strength and hope with one another in order that they may solve their common problem and help those who still suffer to recover from compulsive overeating.

Fees: None

Meetings: Call for places and times

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**PARENTS ARE PEOPLE TOO****122**

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Address: YWCA  
52 Ottawa St  
Hamilton, ON

Mail address: c/o Joan Honyust  
149 Garside Ave N  
Hamilton, ON L8H 4W5

Contact(s): Joan Honyust, Co-ordinator / Facilitator **(905) 544-4469**

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Description: The Hamilton Parent Support Group is a group of parents who support one another through crisis. A trained counsellor is available to assist in the support process. If the group is unable to assist someone, referrals are made to more appropriate resources.

Eligibility: Parents

Fees: Annual membership \$75.00

Meetings: Tuesdays 7:00 pm - 9:00 pm

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**PARENTS HELPING PARENTS****123**

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**(905) 385-5389**

Mail address: c/o Easter Seals Society  
Chedoke-McMaster Hospitals  
Chedoke Division  
Box 2000  
Station A  
Hamilton, ON L8N 3Z5

Office hours: Mon-Fri 8:30 am - 4:30 pm

Contact(s): Donna Watson

**(905) 627-7139**

Description: This is a support group for parents of physically handicapped children. It began in 1981 by the Easter Seal Society to provide communication and the sharing of various educational topics for parents of disabled children. The group is also open to parents of children with multiple disabilities.

Meetings: Call for dates and times of meetings

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**PARENTS WITHOUT PARTNERS****124**

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**Chapter #73**

Address: Box 69011 (509) 318-7766  
Rosedale P.O.  
Hamilton, ON L8K 6R4

Contact(s): Bob Aitchison, Secretary (905) 544-0225

Description: This is an international non-profit, non-sectarian, educational organization devoted to the welfare and interests of single parents and their children.

Eligibility: Must be a single parent of one or more living children.

**Hamilton Sunrise Chapter #1254****125**

Mail address: Box 43510  
Lower James Postal Outlet  
Hamilton, ON L8P 4X5

Executive(s): Carlos Kaloustian, President (905) 525-0419

Contact(s): Denise Couture (905) 385-0825

Description: This is an international non-profit, non-sectarian, educational organization devoted to the welfare and interests of single parents and their children.

Fees: Annual Membership fee

**Mountain Chapter #1085****126**

Answering Service  
Mon - Sun 8:00 am - 9:00 pm  
(905) 383-5222



Mail address: Box 20365  
Hamilton, ON L9C 7M8

Contact(s): Lori Ryckman (905) 318-5311

Description: An international non-profit, non-sectarian, educational organization devoted to the welfare and interests of single parents and their children.

Fees: Approximately 30.00/per year for membership

Meetings: 4th Thursday of each month

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**PARENTS FOR CHILDREN WITH SPECIAL NEEDS****127**

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Address: c/o 7 Connor Crt  
Stoney Creek, ON L8G 3C7

Contact(s): Sandra Barbadoro, Chairperson (905) 664-6744  
Esther McCann (905) 545-4544

Description: A support group for parents of developmentally delayed and special children, including the blind and hearing impaired. Provides support through the communication and the sharing of ideas and information on services, legal rights, high school programs, job placements and recreation. Group meets every two to three months at different locations, so call ahead.

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**PEOPLE FIRST****128**

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Contact(s): Marcia, President Weekdays after 4:30 pm  
(905) 688-0432

Description: A self-advocacy group of people labelled developmentally handicapped.

Meetings: Meets the 1st. Monday of each month at 7:30 pm At St. Thomas Moore High School

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**RECOVERY INCORPORATED****129****(905) 529-9018**

Mail address: c/o Joyce Oliver  
Box 452  
Hamilton, ON L8N 3H8

Contact(s): Joyce Oliver

Description: Recovery Incorporated is a community mental health organization that offers a self-help method of will training. The Recovery method is a system of techniques for controlling temperamental behaviour and changing attitudes toward nervous symptoms such as heart palpitations, depression, sleeplessness, tremors, and fears such as fear of being alone, fear of crowds, fear of enclosed spaces, etc.

Recovery expects each member who needs professional care to follow the authority of the physician and/or professional. Recovery does not offer advice, counselling diagnosis or treatment; it provides self-help after care only. A not for profit, non-sectarian, self supporting and self governing program.

Fees: Voluntary donations

**Burlington Program****130**

Address: Knox Presbyterian Church  
James & Elizabeth Streets  
Burlington, ON

Mail address: c/o Joyce Oliver  
Box 452  
Hamilton, ON L8N 3H8

Contact(s): Bob, Area Leader (905) 842-3973

Description: Recovery Incorporated is an organization founded by the late Dr. Abraham Low, psychiatrist and neurologist, and offers a method based on the system of self-help techniques described in his book "Mental Health Through Will Training".

Recovery Inc., is a community health organization that offers a self-help method of will training. The Recovery method is a system of techniques for controlling temperamental behaviour and changing attitudes toward nervous symptoms and fears. Recovery expects each member who needs professional care to follow the authority of the physician and/or professional. Recovery does not offer advice, counselling diagnosis or treatment; it provides self-help after care only. A not for profit, non-sectarian, self supporting and self governing program.

Meetings: Thursdays 8:00 pm

**Mount Hamilton**

**131**

Address: Mount Hamilton United Church  
31 Summit Ave  
Hamilton, ON

Mail address: c/o Joyce Oliver  
Box 452  
Hamilton, ON L8N 3H8

Contact(s): Jack (905) 529-5489

Description: Recovery Incorporated is a community mental health organization that offers a self-help method of will training. The Recovery method is a system of techniques for controlling temperamental behaviour and changing attitudes toward nervous symptoms such as heart palpitations, depression, sleeplessness, tremors, and fears such as fear of being alone, fear of crowds, fear of enclosed spaces, etc.

Recovery expects each member who needs professional care to follow the authority of the physician and/or professional. Recovery does not offer advice, counselling diagnosis or treatment; it provides

self-help after care only. A not for profit, non-sectarian, self supporting and self governing program.

Meetings: Mondays at 8:00 pm

**West Hamilton**

**132**

Address: Binkley United Church  
1570 Main St W  
Hamilton, ON

Mail address: c/o Joyce Oliver  
Box 452  
Hamilton, ON L8N 3H8

Contact(s): Theresa **(905) 547-8762**

Description: Recovery Incorporated is a community mental health organization that offers a self-help method of will training. The Recovery method is a system of techniques for controlling temperamental behaviour and changing attitudes toward nervous symptoms such as heart palpitations, depression, sleeplessness, tremors, and fears such as fear of being alone, fear of crowds, fear of enclosed spaces, etc.

Recovery expects each member who needs professional care to follow the authority of the physician and/or professional. Recovery does not offer advice, counselling diagnosis or treatment; it provides self-help after care only. A not for profit, non-sectarian, self supporting and self governing program.

Meetings: Thursdays at 7:30 pm

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**SACKVILLE SENIORS CENTRE**

**133**

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**Seniors Managing in Life Experiences (SMILE)**

**(905) 388-3322**

Contact(s): Carolyn Kovacs

Description: The SMILE network is an informal group for seniors and service providers, helping them to obtain important and pertinent information on a wide variety of subjects. Its' statement of purpose is to assist in the networking and linkage of seniors to services and services to seniors.

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**SALVATION ARMY****134**

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**Correctional and Justice Services Department  
Community Services  
Hope Program**

Address: 340 York Blvd, Rm 100 (905) 521-1660  
Hamilton, ON L8R 3L2

Executive(s): Envoy John Van Buren, Executive Director

Contact(s): Envoy Doreen Van Buren

Description: The Hope program provides a support network for women whose loved ones are or have been incarcerated. Monthly meetings provide discussion and fellowship. Regular one-to-one counselling and support are also provided.

Fees: N/A

**Positive Lifestyle Program****135**

Address: 340 York Blvd (905) 521-1660  
Hamilton, ON L8R 3L2 (905) 521-1899

Executive(s): Envoy John Van Buren, Executive Director

Contact(s): Envoy Doreen Van Buren

Description: This is a "ten-workshop" program designed to help those who, because of stress and/or depression over personal issues in their life, have manifested a tendency to shoplift and subsequently have become involved with the criminal justice system. This is not a group



for professional shoplifters. The purpose of the program is to provide support, guidance and direction to clients either in group session or in individual one on one sessions.

Fees: N/A

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**SCLERODERMA SUPPORT GROUP****136**

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Mail address: c/o Wendy McLennan  
1778 Clifton Green  
Burlington, ON L7P 2X8

Contact(s): Wendy McLennan (905) 332-9740  
Marilyn Reynolds (905) 335-4709

Description: A group of people who have Scleroderma and are willing to speak to anyone who is newly diagnosed. Scleroderma is related to Arthritis and is a hardening of the tissues which cover the connective tissues. Usual symptom is the contracting of the fingers, but can also affect the heart, lungs, kidneys etc. Group meets very informally, so call ahead.

Eligibility: Anyone with scleroderma

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**SECOND CHANCE****137**

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**Hamilton Area Heart and Lung Support Group**

Mail address: c/o Diane Kupi  
34 Radford St  
Hamilton, ON L8S 3E6

Contact(s): Diane Kupi (905) 526-8683

Description: To give support to patients awaiting transplantation. Emotional support is given to patients, spouses and family members. Periodic

meeting with guest speakers pertaining to transplantation and organ awareness are held. This is a non-profit organization.

Eligibility: Transplant recipients, family members, or patients waiting for a transplant

Meetings: Held at St. Paul's Anglican Church on King Street West in Westdale.  
Call for times

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## **SEX AND LOVE ADDICTS ANONYMOUS**

**138**

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Contact(s): Bill (905) 544-6519

Description: This is a self-help fellowship based on the 12 Step program of Alcoholics Anonymous. It is open to people of any age, gender or sexual preference. The only qualification for membership is a desire to stop living out a pattern of sex and love addiction. Members include those who suffer from a compulsive need for sex, and those with a desperate attachment to one person. What all members have in common is an obsessive or compulsive pattern, either sexual or emotional (or both), in which relationships or activities have become increasingly destructive to all areas of their lives, such as career, family, and a sense of self-respect. As a fellowship, Sex and Love Addicts Anonymous has no opinion on outside issues and seeks no controversy. It is not affiliated with any other organization, movement or cause, either religious or secular.

Meetings: Wednesday at 8:15 pm at St. Thomas Anglican Church. Meetings are open to members only

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## **SEXUAL ASSAULT CENTRE (HAMILTON AND AREA)**

**139**

(905) 525-4573  
TDD (905) 525-4592  
(905) 525-7085  
Crisis line 24hrs  
(905) 525-4162

Mail address: Box 955, Stn A  
Hamilton, ON L8N 3P9

Office hours: Mon-Fri 9:00 am - 4:30 pm (except Wed morning)

Executive(s): Anne Chafee, Chair, Management Committee

Contact(s): Krista Warnke, Public Educator  
Vilma Rossi, Director

Description: The purpose of the Centre is:

1. To provide support and advocacy to women who have experienced sexual violence, including rape, sexual assault, incestuous sexual assault, and childhood sexual assault
2. To provide information and education to the community about sexual violence against women
3. To provide in-service training to health care and social service professionals who work with survivors of sexual violence
4. To work with community institutions and organizations to provide better care for survivors of sexual violence
5. To work toward the elimination of sexual violence

For those who have been sexually assaulted at some point in their lives, the Centre provides the following services:

1. Provision of crisis counselling and support through a 24-hour crisis line, seven days a week. The crisis line is staffed by trained volunteer crisis workers
2. Accompaniment to the hospital, or police station, and court advocacy and accompaniment
3. Short-term, face-to-face crisis counselling and support groups for adult women who are survivors of rape, sexual assault, incestuous, and/or childhood sexual assault
4. Referrals to other services as required by the survivor
5. Reading material is available in the Centre's library. An appointment to use the library is necessary
6. General business inquiries and speaking requests can be made by calling the business line

7. Community outreach programme to ethnocultural communities

Fees: No fee for counselling and group services  
Negotiable fee for speaking engagements  
Minimal charge for printed articles and handouts

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**SLEEP - WAKE DISORDERS CANADA**

**140**

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Mail address: c/o Richard Braund  
360 King St E, Ste 2204  
Hamilton, ON L8N 3YZ

Contact(s): Richard Braund (905) 529-0987

Description: This is a self-help group whose goal is to bring those who have sleep/wake disorders together to seek common goals.

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**SPEAK EASY - HAMILTON CHAPTER**

**141**

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Mail address: Carla DiDomenicantonio  
Speech Department  
Box 2000, Station A  
Hamilton, ON L8N 3Z5

Contact(s): Carla DiDomenicantonio (905) 521-7951

Description: A non-profit organization for adults who stutter. If you have a stuttering problem, you do not have to deal with it alone. Our semi-monthly self-help chapter meetings allow you to share your feelings, and experiences in a safe and supportive environment. We are not a speech therapy service, but will support you in practising what you are learning or have learned in therapy. Involvement in speech therapy is not required.

Fees: \$15.00 per session

Meetings: Meet every other Tuesday at Chedoke Hospital,  
Evel Building, Room 322

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**SUICIDE BEREAVEMENT SUPPORT GROUP, HAMILTON-WENTWORTH****142**

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Mail address: c/o Canadian Mental Health Association  
182 Rebecca St  
Hamilton, ON L8R 1C1

Contact(s): Marty McLeod : (905) 521-0090  
Betty Ann Brown (905) 388-0933

Description: This is a support group for those who have lost a loved one through suicide.

Meetings: On 3rd. Wednesday of every month from 7:00 pm - 8:30 pm  
At 205 Queensdale Ave

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**SUPPORT ORGANIZATION FOR TRISOMY 18, 13 & RELATED DISORDERS (SOFT)****143**

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Address: Head Office (905) 632-7755  
760 Brant St, Ste 420 Toll free 1-800-668-0696  
Burlington, ON L7R 4B8 (905) 632-5997

Office hours: Meeting time and locations vary, so call ahead.

Executive(s): Mary Stallbohm, President

Description: SOFT provides support to families whose children are born with any of the following disorders:

1. Trisomy
2. Partial Trisomy
3. Mosaic (not in every cell)
4. Deletion of all or part of a chromosome
5. Single gene disorders
6. Any other disorder which produces serious, multiple birth defects.



Support is provided in the form of meetings, linking parents, information, and a newsletter.

Eligibility: Open to everyone

Fees: There are no membership fees but a \$25.00 donation is requested if the newsletter is to be received

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**SURVIVORS OF INCEST ANONYMOUS****144**

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Address: East Plains United Church (905) 634-5562  
375 Plains Rd E  
Burlington, ON

Eligibility: Women only

Meetings: 7:30 pm

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**SURVIVORS OF NDE (NEAR DEATH EXPERIENCE)****145**

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Address: 1 Duke St, 2nd Flr Lobby (905) 522-6711  
Hamilton, ON

Meetings: Alternate Tuesdays 7:00 - 9:00 pm

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**TINNITUS SELF-HELP GROUP - HAMILTON CHAPTER****146**

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Mail address: c/o Sandra Hazell  
179 George St, Ste 406  
Hamilton, ON L8P 1E6

Contact(s): Sandra Hazell (905) 521-9551

Description: This is a self help group for sufferers of Tinnitus: a condition where a person hears head noises or ringing in the ears that may go on continuously.

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**TOUGHLOVE - PARENTS SUPPORT GROUP**

**147**

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**Hamilton Mountain**

**c/o Telecare  
(905) 525-8611**

Description: This self help parent support group provides support from non-professional parents in dealing with acting out teenagers. Phone for information on meeting times and places.

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**TOURETTE SYNDROME FOUNDATION OF CANADA  
HAMILTON REGION CHAPTER**

**148**

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**Hamilton Tourette Syndrome Support Group**

**(905) 575-4282**

Mail address: c/o Liz Browne  
884 Garth St  
Hamilton, ON L9C 4K9

Contact(s): Liz Browne, President

**(905) 575-4282  
Evenings**

Teresa Derosa

**(905) 575-4634**

Description: A support group for people with Tourette Syndrome as well as support for their families. Open to anyone with an interest in or need to deal with/understand hyperactivity, Attention Deficit Disorder, Tourette Syndrome, or obsessive compulsive behaviour (also called disorder, ie. OCB or OCD), rage attacks and behavioural problems associated with Tourette Syndrome. People need to find a supportive atmosphere to cope with these genetically related and sometimes overlapping disorders which are physically based. They are reassured by other sufferers that one can cope. Information is

exchanged. People are likely to discuss medications, problems in family or generally have a meeting place where they share their problems. Information available upon request.

Meetings: Meet the 3rd or 4th Monday of the month for nine months of the year, so call ahead At Regina Mundi Rectory

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## TURNING POINTS

149

Address: c/o Dundas Baptist Church  
104 Park St W  
Dundas, ON L9H 1X4

Contact(s): Karen Aquino, Group Co-ordinator (905) 627-9413  
Roy Harrison (905) 825-9868

Description: Turning Points provides educational, emotional and social support for men and women who have lost their spouse due to separation, divorce or death. Wednesday evening meetings provide educational and emotional support through guest speakers on such topics as family law, financial planning, and coping with loneliness. Saturday evening meetings provide social support through theatre nights, walking trips, and dinner get togethers. The group is non-sectarian and is supported by Dundas Community Services and The Dundas Baptist Church. A newsletter is published for members. New members always welcomed.

Meetings: The 1st Saturday and 3rd Wednesday of each month between 7:30 pm - 9:30 pm. at the Dundas Baptist Church

Fees: \$1.00 per month

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## WIDOW TO WIDOW

150

Address: YWCA (905) 522-9922  
75 MacNab St S  
Hamilton, ON L8P 3C1

Office hours: 24 hours a day

Contact(s): Susan Wier

Description: A telephone visiting and information service for widows by widows who have experienced the emotional and practical problems of widowhood. Round-the-clock support by telephone through times of crisis. Caller leaves name and phone number with contact, and a support person will telephone widow in need.

Eligibility: Widows

Fees: None

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**WOMEN FOR SOBRIETY****151**

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Mail address. 18 Cottage Ave  
Hamilton, ON L8P 4G4

Contact(s): Susan (905) 528-6823

Description: A self-help program for women with alcohol and substance abuse problems. It is the first and only self-help program for women only, and its precepts take into account the very special issues women have in recovery.

This program is based on positive thinking, meditation, group dynamics, and the pursuit of health through nutrition.

Fees: \$2.00 per meeting

Meetings: Meetings are held on a Wednesday 7:30 pm - 9:00 pm In the Fontbonne Building of St. Joseph's Hospital, first floor, in Conference Room 3

**Assertiveness Training Workshop**

Address:	80 Augusta St Hamilton, ON L8N 1R2	(905) 522-0127
Description:	Learn how to express your needs and communicate them effectively and with confidence by means of this educational group program.	
Eligibility:	open	
Fees:	Yes	

**Info Plus Group for Women Recovering From Abuse****153**

Address:	35 Aikman Ave Hamilton, ON	(905) 528-0104
Contact(s):	Diane Mattiussi Donna McElroy	
Description:	<p>These are on-going 5 week information sessions for women survivors of childhood sexual abuse. The focus is to provide a safe, supportive environment where women can continue to heal from the abuse by dealing with issues of self-esteem, their emotions, and assertiveness. With the assistance of group leaders women will learn new and positive ways of asserting themselves in their lives.</p> <p>This is not a therapy program but more to provide information to women. Assistance with child care is available.</p>	
Eligibility:	Women who have experienced abuse. Not for women currently in crisis	
Fees:	Suggested fees \$7.00 per week or \$30 per series Those unable to pay are welcome to attend	
Meetings:	Held every Thursday from 9:30 am - 11:30 am	



**Self esteem course for women****154**

Address: 80 Augusta St (905) 522-0127  
Hamilton, ON L8N 1R2 **Answering machine after hours**

Description: In an accepting and supportive environment, the group will explore how they as women experience low self esteem, the impact of social conditioning, and how women can empower themselves.

Fees: yes

**Separation and Divorce Support Group****155**

Address: 80 Augusta St (905) 522-0127  
Hamilton, ON L8N 1R2

Description: This is an emotional support group for women who have separated or divorced within the last 12 months. The focus of this group is dealing with the trauma of separation and divorce.

Eligibility: Women who have been separated or divorced, or common-law separated within last year

Fees: Yes

**Stress Management Group****156**

Address: 80 Augusta St (905) 522-0127  
Hamilton, ON L8N 1R2

Description: Covers topics such as effects of stress, anatomy of stress, relaxation techniques, stress management, anger and anger management, and positive thinking and use of humor.

Eligibility: open

Fees: \$60.00 per person. \$36.00 for low income persons.

**Support Group for Survivors of Childhood Sexual Abuse****157**

Address: 80 Augusta St (905) 522-0127  
Hamilton, ON L8N 1R2

Description: These are twelve week, small group sessions for women who are recovering from abuse in their childhood. The focus is to provide a safe supportive environment where women can heal from the abuse by focusing on their feelings, developing self-esteem and empowerment skills. With the assistance of group leaders women will learn new and positive ways of asserting themselves in their lives.

Fees: \$90.00 (\$45.00 for low income persons)

Meetings: Meetings are held every Wednesday 4:00 pm - 5:30 pm

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### **Unemployment Support Group**

**158**

Address: 80 Augusta St (905) 522-0127  
Hamilton, ON L8N 1R2

Description: A self-help support group for unemployed and underemployed women.

Eligibility: open

Meetings: Each Monday at 10:00 am

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### **YOUNG WOMEN'S CHRISTIAN ASSOCIATION**

**159**

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#### **Arthritic Club**

Address: 75 MacNab St S (905) 522-9922  
Hamilton, ON

Contact(s): June Stetson, President (905) 383-0345  
Susan Wier (905) 522-9922

Description: A social club for people with arthritis, which includes speakers, crafts, films and refreshments.

Eligibility: Women with arthritis

Meetings: Meets at McNab Street YWCA every other Monday afternoon except July and August

**Gentle Water Exercise**

**160**

Address: 75 MacNab St S  
Hamilton, ON

**(905) 522-9922**

Description: A water exercise program specifically for women with arthritis or bad backs.

Meetings: Tue, Wed, Thu 1:30 pm - 2:30 pm



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